



Fit Business Tips of the Month

JULY

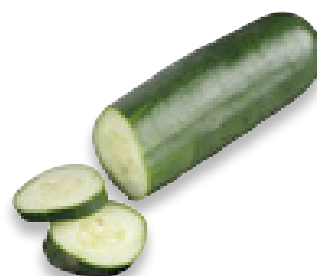
The weather in July may sizzle, but that shouldn't stop you from enjoying outdoor activities that infuse fun and fitness into your day. Beating the heat is simple when you remember to practice proper cool-down techniques and keep plenty of water on hand.

And thanks to July's cool, juicy fruit and vegetable of the month — grapes and cucumbers — you can eat well this summer without breaking a sweat.

QUICK AND SIMPLE TIPS

Cool down the right way: Cooling down after vigorous exercise helps reduce the risk of injury and return your heart rate and blood pressure to normal. Do it right by tapering off your activity during the last 10 minutes of exercise. If you were running, slow to a walk. Finish with gentle stretches that improve flexibility and prevent soreness later.

Be water wise: During the hot summer months, it's easy to get dehydrated, even when you're not exercising. Be sure to drink plenty of water, but also increase your consumption of fruits and vegetables that have a high water content, such as grapes, watermelon, cantaloupe, and cucumbers. If it's the bland taste of water that gets you down, try squeezing lemon or lime juice into your water to enhance its flavor.





July's Fruit of the Month

GRAPES

Health Benefits

Grapes are about 80 percent water, making them a delectable low-calorie snack or dessert. Just one serving of grapes is chock full of vitamin C and other antioxidants. While there are over 50 different varieties of grapes, the most common grapes found in California are the red, purple and green varieties — all of which have a host of health benefits. Including grapes in your low-fat diet, along with a colorful variety of fruits and vegetables may reduce the risk of cancer, heart disease, type 2 diabetes, and high blood pressure.

Selection

Look for firm, plump clusters that are well attached to green, flexible stems. Avoid grapes with brown spots or dry, brittle stems as well as ones that are shriveled or sticky.

Storage

Fresh grapes will keep for a week to 10 days in the refrigerator. Remove any spoiled or damaged grapes before storing. Store grapes in a covered container or plastic bag and rinse under cool water just before eating.

Preparation Ideas

Grapes are delicious any time — alongside a sandwich, as a snack, or as sweet treat after a meal. Toss grapes with other summer fruits for a colorful fruit salad. Or add them to chicken salad for extra zing. Freeze grapes on a tray in the freezer, and then store them in a plastic bag for a frosty snack on a sweltering day.

FEATURED GRAPE RECIPE: QUICK-N-CREAMY GRAPE SHAKE

Ingredients

- 2 cups red or green seedless grapes
- 2 bananas, peeled and sliced
- 2 oranges, peeled and quartered
- 12 to 16 ice cubes, crushed

Preparation

1. Place grapes, bananas, oranges, and ice in blender
2. Blend until smooth

Makes 4 servings. 1 cup per serving.

Nutrition Information Per Serving

Calories 151, Carbohydrate 39g, Protein 2g, Total Fat 1g, Saturated Fat 0g, Cholesterol 0mg, Sodium 2mg, Dietary Fiber 4g

Recipe courtesy of the *Discover the Secret to Healthy Eating, California 5 a Day Campaign.*





July's Vegetable of the Month

CUCUMBER

Health Benefits

"Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air! It's no wonder these are such a summertime favorite. Cucumbers are not only a great low-calorie snack and a good source of vitamin C, but their high water content helps to keep you hydrated. Including cucumbers in your low-fat diet along with a colorful variety of fruits and vegetables will help you to lower your risk of some cancers, maintain vision health, as well as help to keep your bones and teeth strong.

Selection

Cucumbers should be dark green in color and firm. Avoid cucumbers that have soft spots, withered ends or yellow skin. Choose smaller cucumbers, which tend to be less bitter.

Storage

Whole cucumbers should be refrigerated in a crisper for up to a week. Unwaxed cucumbers will easily lose moisture, so be sure to keep them wrapped tightly in plastic.

Preparation Ideas

Love things that go crunch? Try adding sliced cucumber to your favorite salad or sandwich. Or peel, slice thinly and toss with rice vinegar and sesame seeds for an effortless side dish that is delicious and refreshing. Go Greek by tossing coarsely chopped cucumber with tomatoes, red onion, olives, feta cheese and a dressing made of equal parts olive oil and lemon juice. Season with salt and pepper.

FEATURED CUCUMBER RECIPE: VEGGIE TORTILLA ROLL UP

Ingredients

4	whole wheat tortillas	¼	cup diced green chilies
6	tablespoons nonfat cream cheese	¼	cup sliced black olives
2	cups shredded romaine lettuce or fresh spinach	¼	cup chopped red onion
1	cup diced tomatoes	½	cup chopped bell pepper (red, green, orange, yellow, or a mixture of these)
½	cup chopped cucumber		

Preparation

1. Spread each tortilla with 1 ½ tablespoons of cream cheese.
2. Top tortillas with equal amounts of vegetables. Roll up tightly to enclose filling.

Makes 4 servings. 1 tortilla roll per serving.

Nutrition Information Per Serving

Calories 144, Carbohydrate 25g, Protein 8g, Total Fat 3g, Saturated Fat 1g, Cholesterol 2mg, Sodium 386mg, Dietary Fiber 5g

Recipe courtesy of *Discover the Secret to Healthy Eating, California 5 a Day Campaign.*

